

Weekly Diabetes Update

01/11/2008

1. 2008 Resource Guide Now Available

The 2008 Resource Guide is a comprehensive list of products and services to help you learn about the numerous diabetes care products available right now. It can help you choose which diabetes care products will work best for you and your child. The Resource Guide is available annually in the January issue of Diabetes Forecast. Sign up for a free trial membership to Diabetes Forecast at

http://www.diabetes.org/diabetes-forecast.jsp?WTLPromo=ENEWS_PARENTS_010808_forecast.

2. National Diabetes Education Program (NDEP) News & Notes Newsletter

The January 2008 issue of the News & Notes newsletter was just released, and includes information on NDEP's strategic plan for the next three years, upcoming promotional campaigns, and available resources. A copy of the newsletter is can be accessed at <http://www.ndep.nih.gov/new/NewsNotes/v4n1.htm>.

3. Diabetes Education in Comic Book Form Targets the Latino Community

A fotonovela — a photo comic book punctuated with soap opera themes — was produced by the University of Southern California (USC) School of Pharmacy to educate the Spanish-speaking community about diabetes by dispelling common myths and promoting lifestyle choices that positively affect the disease. The School of Pharmacy produced the booklet using local talent and with support from community businesses and organizations. Read more about this new item in an article published in L.A. Downtown News at <http://www.ladowntownnews.com/articles/2008/01/07/health2/health03.txt>.

4. Diabetes Research News

- A California company is looking at the potential for treating diabetes with injections of pig islet cells. You can read more about this potential treatment for type 1 diabetes on the United Press International's website at http://www.upi.com/NewsTrack/Science/2008/01/08/pig_cells_tested_as_diabetes_treatment/6444/.
- Two scientists have different theories why, but both believe that Alzheimer's disease and insulin resistance may be related. You can read more in the article from Newsmax.com at http://www.newsmax.com/health/link_Alzheimers_diabetes/2008/01/08/62618.html.
- The conclusion of a meta-analysis of literature and studies is that the use of cinnamon does not affect blood sugar or lipid levels in patients with diabetes. You can read the abstract of the article published in the January 2008 edition of *Diabetes Care* at <http://care.diabetesjournals.org/cgi/content/abstract/31/1/41>.

You can also read an article about the meta-analysis posted on the American Diabetes Association's website at

<http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=16729458&filename=20080108/reuters20080108health00000015reutershealthewEDIT.xml>.

5. American Diabetes Association (ADA) at School

- **School policies on diabetes draw criticism.** Crystal Jackson, associate director of legal advocacy for the ADA, speaking at the Kentucky Diabetes Solutions Summit, said many Kentucky schools don't allow diabetic students to use modern glucose meters to check their blood-sugar levels while they are in class. Other speakers said that diabetes management at school is critical to such students' ability to learn and avoid health complications. Read more from the Lexington Herald-Leader online at <http://www.kentucky.com/211/story/279519.html>.
- **Update on California Department of Education Settlement.** In August 2007, ADA reached a landmark settlement agreement with the California Department of Education (CDE) to ensure the safety of children with diabetes at school. A key element to this agreement now allows trained non-medical personnel to administer insulin to students with diabetes when a school nurse is not present. Unfortunately, this agreement faces opposition. The American Nurses Association (ANA) filed a lawsuit against the CDE seeking to strike down that part of the settlement agreement, and the California Board of Registered Nursing has also taken a position opposing the training of non-medical personnel to administer insulin. In response to this lawsuit, ADA filed papers last month to ask the court to allow ADA to become a party to the lawsuit in order to help defend the rights of students with diabetes. While the legal battles continue, remember that these latest challenges do not invalidate the settlement with CDE or change the legal rights of students with diabetes.

Read ADA's statement in response to the recent challenges to the settlement at http://advocacy.diabetes.org/site/PageServer?pagename=AC_CABRNANAPublicStatement.

Get more information on the California Settlement at <http://www.diabetes.org/advocacy-and-legalresources/discrimination/cde-settlement.jsp>.

As a reminder, the Missouri Diabetes Prevention and Control Program, through a collaborative effort, provides "Diabetes Management in the School Setting," a school manual to assist schools, local public health agencies, and health care providers support students with diabetes in the school setting. Access the publication from our website at <http://www.dhss.mo.gov/diabetes/Dschool.html>.

6. **“Diabetes Drug May Cut Med-Related Weight Gain”**

The diabetes drug metformin, along with diet and exercise, can help people suffering with schizophrenia control the weight gain that typically accompanies their medications, according to a Chinese study featured in the January 9/16 issue of the *Journal of the American Medical Association*. Read more about this topic in the *U.S. News and World Report* article at <http://health.usnews.com/usnews/health/healthday/080108/diabetes-drug-may-cut-med-related-weight-gain.htm>.

7. **Under the Weather?**

You’ve gotten your flu shot—or if you haven’t, you’re going to get one right away. You are careful to wash your hands often and disinfect common surfaces. But even with these precautions, you may come down with a form of cold or flu. People with diabetes must be especially careful their blood sugar levels don’t get too high when they are ill. Prepare yourself by reading the ADA’s article on “When You’re Sick” from their website at <http://www.diabetes.org/type-1-diabetes/sick.jsp>.

8. **'Take 10' for You.**

Functional Fitness Makes Exercise Meaningful

Instead of setting a physical activity goal that's measured in time or distance, how about adding exercise that produces better results in your real life? We don't mean a workout that helps you become a size 4 for a nanosecond, but a plan that achieves solid improvements in how easily you can tote heavy objects, dash up stairs, or reach up high without difficulty. Even regular exercisers can fall short in those skills, so find out how to strengthen yourself in this month's main article, "For a Renewed You, Shape Fitness to Function" go to <http://www.healthywomen.org/take10/january2008/feature.html>.